

# NORTH LAUREL 50+CENTER

DECEMBER 2021



**9411 Whiskey Bottom Road**  
**Laurel, MD 20723**  
**(410) 313-0380**

#### **Center Email**

nlaurel50@  
howardcountymd.gov

#### **Monday - Friday**

8:30 am - 4:30 pm

#### **50+Center Hotline**

410-313-5400

#### **GO50+Hours**

Monday—Saturday

8 am - 9 pm

Sunday 9 am - 6 pm

#### **Newsletters Online**

[https://  
www.howardcountymd.gov/  
north-laurel-50-center](https://www.howardcountymd.gov/north-laurel-50-center)

#### **Volunteer Website**

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**Howard County**  
**50+ CENTERS**  
Enrichment. Engagement. Connection. Growth.

Wishing  
you and yours  
health, happiness  
and all the best  
this holiday season  
has to offer!

## **HOLIDAY BAZAAR**

**WEDNESDAY, DECEMBER 8, 9-12 pm**

Festive items for your holiday shopping!

See details inside

## **YARNBOMBING!**

**FRIDAY, DECEMBER 10, 12pm**

Fiber Street Art Installation

See details inside

## **FESTIVE SWEATER CONTEST**

**\* Win a \$25 Gift Certificate for a class  
At North Laurel 50+ Center \***

Winner Announced:

**FRIDAY, DECEMBER 17, 1 pm**

See details inside

# GENERAL INFORMATION

## 50+ Center Staff

### North Laurel 50+ Center Director

Vacant  
410-313-0380

### Lucky Sohi, Assistant Director

lsohi@howardcountymd.gov  
410-313-0388

### Carmen Faye, Registrar

cfaye@howardcountymd.gov  
410-313-0380

### Cheryl Campbell, Nutrition Specialist

chcampbell@howardcountymd.gov  
410-313-0387 (Wednesdays & Fridays)

## Inclement Weather Policy

For the operating status of the Center, call the inclement weather status line at 410-313-7777, visit the County website or call the Center Front Desk.

If Howard County Public Schools are delayed or closed:

- 1-hour delay, Center will strive to open at 9:30 am
- 2-hour delay, Center will strive to open at 10:30 am. All classes and programs before 11 am are canceled
- Closed, Center will strive to open at 10:30 am. All classes and programs are canceled.

Status Line 410-313-777 will be updated at 7 am, 12 pm and 3 pm.

## Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front Desk to assure that your membership is current. **Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.**

## Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to Howard County Director of Finance. Online registration at the Active-Net website: [http:// apm.activecommunities.com/howardcounty](http://apm.activecommunities.com/howardcounty). An account must be established prior to registering for class.

## Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. Refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

## Newsletter

Would you like your newsletter delivered to your inbox? Just click link below:

[CONSTANT CONTACT SIGN UP](#)


## ADJUSTED HOURS OR CENTER CLOSURES

Friday December 24 Christmas Eve Holiday  
Friday December 31 New Years Eve Holiday

## Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request an accommodation to participate in a program/ event, contact the Center at 410-313-0380 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

# DECEMBER AT A GLANCE CALENDAR

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Happy Holidays!</div>			<div>1</div> <div>8 Walking Club</div> <div>10 Massage</div> <div>10 Chair Yoga DANCE!</div> <div>11:30 Gentle Yoga</div> <div>1 Crafting Club</div> <div>1 Open Games</div>	<div>2</div> <div>8 Walking Club</div> <div>10 On Our Minds*</div> <div>11:30 Mat Pilates</div> <div>*virtual at this time</div>	<div>3</div> <div>8 Walking Club</div> <div>10 Massage</div> <div>10 Zumba Gold</div> <div>11 Sit, Stitch 'n Give</div> <div>3 Last day for Holiday Bazaar donations</div>
		<div>6</div> <div>8 Walking Club</div> <div>11:30 Mat Pilates</div>	<div>7</div> <div>8 Walking Club</div> <div>11:15 Line Dance</div> <div>1 Acoustic Jam</div>	<div>8</div> <div>8 Walking Club</div> <div>9 Holiday Bazaar</div> <div>10 Officer Bill Kreitzer</div> <div>10 Massage</div> <div>10 Chair Yoga DANCE!</div> <div>10:30 UMD Fresh Conversations</div> <div>11:30 Gentle Yoga</div> <div>12 Computer Chat</div> <div>1 Crafting Club</div> <div>1 Open Games</div>	<div>9</div> <div>8 Walking Club</div> <div>10 On Our Minds*</div> <div>10 Make Exercise a Habit</div> <div>11:30 Mat Pilates</div> <div>*virtual at this time</div>
<div>13</div> <div>8 Walking Club</div> <div>9 Nutrition Counseling &amp; Education</div> <div>11:30 Mat Pilates</div>	<div>14</div> <div>8 Walking Club</div> <div>11:15 Line Dance</div>	<div>15</div> <div>8 Walking Club</div> <div>10 Massage</div> <div>10 Chair Yoga DANCE!</div> <div>11:15 Gentle Yoga</div> <div>12 Computer Chat</div> <div>1 Crafting Club</div> <div>1 Open Games</div>	<div>16</div> <div>8 Walking Club</div> <div>10 On Our Minds*</div> <div>11:30 Mat Pilates</div> <div>*virtual at this time</div>	<div>17</div> <div>8 Walking Club</div> <div>10 Massage</div> <div>10 Zumba Gold</div> <div>11 Sit, Stitch 'n Give</div> <div>1 Holiday Sweater Contest Winner Announced</div>	
<div>20</div> <div>8 Walking Club</div>	<div>21</div> <div>8 Walking Club</div> <div>11:15 Line Dance</div> <div>1 Acoustic Jam</div>	<div>22</div> <div>8 Walking Club</div> <div>10 Massage</div> <div>10 Chair Yoga DANCE!</div> <div>11:15 Gentle Yoga</div> <div>12 Computer Chat</div> <div>1 Crafting Club</div> <div>1 Open Games</div>	<div>23</div> <div>8 Walking Club</div> <div>10 On Our Minds*</div> <div>*virtual at this time</div>	<div>24</div> <div>CLOSED CHRISTMAS EVE HOLIDAY</div> <div></div>	
<div>27</div> <div>8 Walking Club</div> <div>11:30 Mat Pilates</div>	<div>28</div> <div>8 Walking Club</div> <div>11:15 Line Dance</div>	<div>29</div> <div>8 Walking Club</div> <div>10 Massage</div> <div>12 Computer Chat</div> <div>1 Crafting Club</div> <div>1 Open Games</div>	<div>30</div> <div>8 Walking Club</div> <div>10 On Our Minds*</div> <div>11:30 Mat Pilates</div> <div>*virtual at this time</div>	<div>31</div> <div>CLOSED NEW YEARS EVE HOLIDAY</div> <div></div>	

# ONGOING PROGRAMS

## **Walking Club**

**Monday - Friday 8:30 am**

Meetup in the gym for a brisk walk around the indoor track - 12 laps equals 1 mile. The track is available anytime NLCC is open and there is no organized activity in the gym.

## **Billiards and Table Tennis**

**Monday - Friday 10 am to 4:30 pm**

Billiards and table tennis tables available for friendly play. Check availability with the Rec & Parks Front Desk at 410-313-0390.

## **Computer Chat**

**Wednesdays, December 8th, 15th, 22nd & 29th**

**Between 12 pm & 4 pm  
1 hour appointments**

Getting hung up on ever advancing technology? Need a little one-on-one time to ask questions that pertain to your specific problem? Schedule a free one-hour appointment at the 50+ Front Desk. Please bring your own device.

## **Acoustic Jam Session**

**1st and 3rd Tuesdays 1 pm to 3 pm**

Meet up with other local music enthusiasts to share and play your instrument of choice. All talents are welcome!

## **Crafting Club**

**Wednesdays 1 pm to 3 pm**

Share ideas, connect and create easy do-it-yourself projects in an engaging environment. All crafters are welcome! Please bring your own materials.

## **Open Games**

**Wednesdays 1 pm to 3 pm**

Enjoy an afternoon of open game play. Room reserved for those willing to share the space with others playing different games. Bring your own or choose from those at the Center.

## **On Our Minds\* (formerly Newstalk)**

**Thursdays 10 am to 11 am**

An upbeat group discussing a variety of topics with a high value on consideration, mutual respect, and support. Join in the Conversation! A Seniors Together Peer Outreach facilitated group. **\*This group meets virtually. For more information or the link to join, contact Karen Hull at 410-313-7466.**

## **Sit, Stitch 'n Give**

**Fridays 11 am to 2 pm**

Gather to socialize and stitch projects for your personal use or for community giving. Knitters, crocheters, fabric crafters and others come together to share their talents. Drop in on this fun and ageless group who happily share fellowship and conversation.

## **Maryland Access Point (MAP)**

For information and referrals for services and resources in Howard County, contact MAP at 410-313-1234. Appointments are also available with a MAP Specialist at the Center.



## **Nutrition Consultation**

**2nd Monday of the Month 9 am to 11 am**

Carmen Roberts, RD, LDN, is available for individual consultation sessions to answer questions about diet and nutrition. Sign up at the 50+ Front Desk for a 30 minute session.



Join us online! Speakers, Classes, Entertainment, and 100+ Exhibitors

**MARK YOUR CALENDAR**

RUNS NOVEMBER 1, 2021, THROUGH JANUARY 21, 2022

— [www.thebeaconnewspapers.com](http://www.thebeaconnewspapers.com) for details —



# EVENTS AND PROGRAMS

## **Holiday Bazaar**

**Wednesday, December 8, 9 am—12 pm**

Join us for the North Laurel 50+ Center's Holiday Bazaar! We'll have a holiday market in our lobby showcasing jewelry, knitted items, crafts, among other items! Get a jump start on your holiday shopping or just treat yourself! Accepting small, lightly used, non-clothing items as donations until Friday December 3, 12pm. Proceeds benefit the North Laurel 50+ Council.

## **Officer Bill Kreitzer**

### **Holiday Safety Tips Q & A**

**Wednesday, December 8, 10-11am**

Howard County Police Officer William Kreitzer will be on-site to answer your questions about holiday safety and community safety concerns.

## **Fresh Conversations Workshop:**

### **Fuel Your Independence with Protein**

**Wednesday, December 8, 10:30 am**

Discuss current nutrition and health topics to discover ways to eat healthier. This month's conversation centers on the importance of protein as we age and is presented by Karen Bassinger, MS, CFCS, LDN, Family and Consumer Sciences, University of Maryland Extension Service. Join us for fun and conversation!

## **Make Exercise a Habit**

**Thursday, December 9, 10-11am**

Join Malarie Burgess, Exercise Specialist for the Howard County Office on Aging and Independence, as she uncovers some common fitness myths that may be holding you back from attaining your wellness goals. Learn to set realistic expectations to help you succeed and find ways to overcome barriers. Please contact the 50+ Front Desk to register.



## **Holiday Yarnbombing!**

**Friday, December 10, 12pm**

Join us as we reveal our holiday fiber street art project—our yarnbomb!

See what our members have created in partnership with other 50+ centers in Howard County. If you are interested in contributing a crocheted or knit portion, please call the 50+ Front Desk.



## **Holiday Sweater Contest!**

**Win a \$25 Gift Certificate!**

**Winner Announced Friday, December 17, 1pm**

Come in and get your picture taken — with or without your lovely face — wearing your best festive sweater and you'll be entered to win a \$25 gift certificate good towards any class at North Laurel 50+ Center, courtesy of our Senior Council. Enter early! Voting runs until Friday, December 17 at noon.

## **Fitness Counseling!**

**Coming in January !!**

**\$15 per 30-minute session**

Get support and guidance from Malarie Burgess, Exercise Specialist, to establish a personalized fitness program that considers the recommendation of a health care provider, participant goals, and fitness assessment results. More details to come in the January newsletter.



## EXERCISE AND FITNESS

### **Mat Pilates**

**Mondays & Thursdays, 11:30 pm**

**Cost: \$48 for 8 classes**

#A06457.501

Pilates enhances flexibility while building lean muscle, strength and endurance in the hips, back and abdomen. Improve your posture and your balance as you strengthen these core muscles. Mats and props are available during class.

No class December 20 & 23

**Instructor: Maggie Lockhart**

### **Line Dance**

**Tuesdays, 11:15 am to 12:45 pm**

**\$5/month - can pay for multiple months**

#A0422.500 Dec

Learn popular step sequences in these fun weekly sessions. The first half of the class is basic and beginner refresher steps and the second half has more advanced sequences. A fun and interactive way to be more active.

**Instructor: Linda Pohland**

### **Chair Yoga DANCE!**

**Wednesdays, 10 am to 11 am**

**\$52 for 8 classes**

#A06414.501

Loosen and stretch muscles, reduce stress and improve circulation while building strength and balance. Each class starts with breath work and slow body warmups, then moves to accessible seated dance movements. The best part is we all move together to songs of yesteryear as well as popular songs of today. No class December 29

**Instructor: Lisa Rados**

### **Gentle Yoga**

**Wednesdays, 11:15 am to 12:15 pm**

**\$52 for 8 classes**

#A06415.501

Learn basic yoga poses and proper posture to pair with breath work and relaxation techniques. Class benefits include greater flexibility and improved strength, energy and concentration, clarity and overall health. Mats and props available for class or bring your own. Note new time. No class December 29.

**Instructor: Lisa Rados**

### **Zumba Gold**

**Fridays, 10 am to 11 am**

**\$54 for 8 classes**

#A06411.500

A fun, Latin-inspired workout designed for the active, older adult, incorporating Zumba's contagious rhythms with a lower intensity. The class is held outdoors when there is no precipitation and temperature is above 45°F.

**Instructor: Roxanne Hartman**

### **Massage Therapy**

**Wednesdays & Fridays, 10 am to 1 pm**

Experience the relaxing and stress relief benefits of massage therapy. Full body 60 and 90 minute sessions are available. This service is provided in the Health Room by Ellen Consoli, LMT. COVID safety protocols for professional LMT therapy are followed to ensure safety. Please make appointment at the 50+ Front Desk.

\$68 for 60 minutes

\$96 for 90 minutes

Current Fitness Class Schedules available at 50+ Center Front Desk

**NOTE:** Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.